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|   | **Sports sabiedrības ilgtspējībai****Sport for the sustainability of****society**Piektdien, 2025. gada 7. martā plkst. 9.00LU Dabas māja, Jelgavas iela 1Klātienē 702. telpāFriday, 7 March 2025, 9.00 AMHouse of Nature, 1 Jelgavas str.Room 702 / Zoom  |

**Programma/Programme**

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| ***8.40–9.00*** | ***Reģistrācija, Pievienošanās konferencei / Joining the Conference*** |
| **Vadītāji/Chairs: Assoc.prof. Līga Plakane, Assoc.prof. llvis Ābeļkalns, Senior Expert Aija Erta** |
| **9.00–9.10** | **Atklāšana / Opening****Prof. Kristaps Jaudzems,** Dean of the faculty of Medicine and Life Sciences**Asist. of Prof. Linda Mihno,** Vice-Dean of the faculty of Education Sciences and Psychology |
| ***9.10 -***  | ***PLENĀRSESIJA I / PLENARY SESSION I* : Lactate as signalling molecule** |
| **9.10 – 9.35** | **Līga Plakane** *(University of Latvia)* | **Lactate as signalling molecule** |
| **9.35 – 9.55** | **Laila Ušacka** *(University of Latvia)* | **Metabolic flexibility indicators for Latvian Hockey League players** |
| **9.55 – 10.15** | **Jānis Kaupe,** *(Latvian Olympic committee)* | **Use of lactate kinetics in physical exercise tests** |
| **10.15 – 10.35** | **Klāvs Ēvelis, Aleksandrs Koļesovs, Evita Rostoka, Līga Plakane** *(University of Latvia)* | **Lactate as a Signaling Molecule for BDNF and other Neurotrophic Factors: Bridging Exercise and Neuroplasticity** |
| ***10.35–11.00*** | ***Kafijas pauze, diskusijas/Coffee break, discussions*** |
| ***11.00 – 13.30*** | ***SESIJA II/ SESSION II: Foreign experience*** |
| **Vadītājs/Chair: Ilvis Ābeļkalns** |
| **11.00–11.15** | **Lukáš Mareš** *(University of Latvia, Czech Republic)* | **Live Philosophy in Play: Experiential Approaches to Philosophical Inquiry in Sport** |
| **11.15–11.30** | **Ihor Zanevskyy** *(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)* | **The impact of esports on the mental health of athletes** |
|  | **Marta Yaroshyk, Alla Solovey, Hanna Huk, Nataliia Semenova, Tetіana Kurchaba** *(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)* | **Optimization of Physical and Mental Health of Women Aged 35-45 with Spinal Diseases** |
| **11.30-11.45** | **Lyubomyr Vovkanych, Dzvenyslava Berhtraum** *(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)* |  **Effects of Underweigt and Overweight on Central Hemodynamics in Female Students** |
| **11.45-12.00** | **Stanislav Kras Myroslava Hrynkiv Tetiana Kutseryb Fedir Muzyka Liubomyr Vovkanych** *(Ukraine)* | **Body Composition of Female Students whith Different Body Mass Index and Levels of Physical Activity** |
| **12.00-12.15** | **Andriy Dulibskyi** *(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)* | **Analysis of the competitive activity of attacking central midfielders during talent selection for an elite student football team** |
| **12.15-12.30** | **Олег Рибак****Maryan Ostrovskyy, Ludmyla Rybak, Oleh Sydorko , Orest Stefanyshyn** *(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)* | **Biomechanical Analysis of Crawl Swimming by Total Immersion Method**  |
| **12.30-12.45** | **Олег Рибак,****Fedir Muzyka, Liudmyla Rybak, Bogdan Vynogradskyi** *(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)* | **Biomechanical Rationale of the Driver's Working Posture Behind the Wheel of a Car** |
| **12.45-13.00** | **Volodymyr Khudoba,****Pavlo Kucher, Orest Stefanyshyn** *(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)* | **Formation of an Accessible Sports Infrastructure in the City of Lviv: Infrastructure Aspect** |
| **13.00-13.15** | **Oksana Slinko,****Liudmyla Rybak, Vladyslav Slinko, Олег Рибак** *(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)* | **Application in Conservative Treatment of Idiopathic Scoliosis in Schoolchildren of Various Forms and Means of Motor Activity** |
| ***13.15–14.00*** | ***Pārtraukums/Break*** |
| ***14.00-15.15*** | ***SESIJA III / SESSION III : Evaluation of the mental and physical health of persons involved in grassroots sports (National Research Program “Sport”)*** |
| **Vadītājs/Chair: Līga Plakane** |
| **14.00-14.15** | **Zane Šmite** *(University of Latvia)* | **Evaluation of the mental and physical health of persons involved in grassroots sports**  |
| **14.15-14-30** | **Zane Lukstiņa,** *(University of Latvia)* | **Evaluation of physical activity and sendentary behaviour in grassroots sports.** |
| **14.30-14.45** | **Laura Zeļģe, Jurģis Šķilters, Līga Zariņa, Evita Šerpa, Solvita Umbraško, Santa Bartušēvica,** *(University of Latvia)* | **Towards Measuring Mid-Level Vision Processes in Sports** |
| **14.45 – 15.00** | **Māris Broks, Andris Jakovičs, Jevgēnijs Teličko** *(University of Latvia)* | **Predicting Runners' Future Heart Rate during training Using Wearable Health and Training Data** |
| **15.00-15.15** | **Bernhards Bērtulis,****Andris Jakovics, Jevgenijs Teļičko** *(University of Latvia)* | **Acoustic Signal Processing for Respiratory Rate Estimation in Noisy Environments** |
| ***15.15–15.30*** | ***Kafijas pauze, diskusijas/Coffee break, discussions*** |
| ***15.30-16.30*** | ***SESIJA IV / SESSION IV: Physically active and healthy lifestyle*** |
| **Vadītājs/Chair: Aija Erta** |
| **15.30 – 15.45** | **Aleksandrs Koļesovs, Rūdolfs Cešeiko,** **Klāvs Ēvelis, Līga Plakane** *(University of Latvia)* | **Perceived effects of physical exercise in people challenged by oncological diagnosis: A single-group exploratory study** |
| **15.45-16.00** | **Juris Porozovs** *(University of Latvia)***, Aija Kļaviņa** *(Riga Stradins University)***, Vita Lakša,** **Viktors Veliks,** **Anna Zuša**  | **Relationships between Motor and Psychophysiological Abilities in Adolescents with Mild Mental Health Disorders** |
| **10.00-16.15** | **Juris Grants, Žermēna Vazne, Renārs Līcis, Aleksandrs Astafičevs, Rihards Leja** *(Riga Stradins University)* | **A Pilot Study of the Latvian Version of the Recovery-Stress Questionnaire** |
| **16.15-16.30** | **Ilvis Ābeļkalns, Agita Klempere Sipjagina, Rihards Parandjuks, Līga Vecbērza** *(University of Latvia)* | **Analysis of understanding of how to ensure healthy lifestyle habits in everyday life among the population aged 18 to 45** |
| ***16.30*** | ***NOSLĒGUMA DISKUSIJA / FINAL DISCUSSIONS*** |